

	BREAKFAST	LUNCH	DINNER
M O N	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Cream Sausage Gravy Hashbrowns Blueberry Pancakes Biscuits/Breakfast Gravy	Turkey Noodle Soup Split Pea Soup Chicken Tetrazini Cold Cut Subs Potato Chips Mixed Vegetables Yellow Squash Panini Rolls	Soup Du Jour Cheese Stuffed Manicotti Marinara Sauce w/Meatballs Spaghetti Steamed Broccoli Carrots Garlic Bread
T U E S	Bran Muffin Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Corned Beef Hash Lyonnaise Potatoes French Toast Biscuits/Breakfast Gravy	Tomato Rice Soup Cream of Potato Soup Assorted Pizza Tuna Salad/Croissant Corn Nuggets Green Beans	Soup Du Jour Beef Stroganoff Egg Noodles/Mashed Potatoes Fried Eggplant Cauliflower Dinner Roll
W E D	Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Sausage Link Creamed Chipped Beef Baked Beans/Cornbread Home Fried Potatoes Biscuit/Breakfast Gravy	Chicken Noodle Soup Navy Bean Soup Pork Carnitas Sliced Pastrami/Provolone Cheese Hard Rolls Steamed Rice Brussel Sprouts Baked Beans Corn Bread	Soup Du Jour Salisbury Steak with Onions Brown Gravy Parsley Boiled Potato Green Peas & Mushrooms Country Corn
T H U R S	Coffee Cake Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Corned Beef Hash O’Brien Potatoes Strawberry Pancakes Biscuit/Breakfast Gravy	Vegetable Soup Cream of Asparagus Soup Grilled Ham & Cheese Sandwich Hawaiian Lamb Chops Macaroni & Cheese Cauliflower Au Gratin Turnip Greens	Soup Du Jour Country Chops/Gravy Mashed Potatoes/Rice Corn on Cob Club Spinach Breadsticks
F R I	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Scrapple Hashbrowns French Toast Biscuit/Breakfast Gravy	Minestrone Soup Cream of Broccoli Soup Crab Casserole Chicken Enchalidas Mexican Rice Calico Corn Refried Beans	Soup Du Jour Beef Pot Pie Oven Roasted Potatoes Stewed Tomatoes Fried Okra Country Seeded Roll
S A T	Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Sausage Patties Creamed Ground Beef Lyonnaise Potatoes Buttermilk Pancake Biscuit/Breakfast Gravy	French Onion Soup Corn Chowder Roast Pork Shoulder Spiced Apples Shrimp Creole Glazed Sweet Potatoes/Rice Oriental Blend Asparagus Dinner Rolls	Soup Du Jour Meatballs and Spaghetti Succotash Sugar Snaps Garlic Bread
S U N	Danish Pastry Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Slice Oven Baked Bacon Baked Beans/Cornbread Hashbrowns Biscuit/Breakfast Gravy	Knickerbocker Soup Cream of Mushroom Chicken Ranchero Lobster Ravioli Steamed Rice Peas & Pearl Onions Squash Medley	Soup Du Jour Spiral Ham Pineapple Sauce Baked Sweet Potatoes Asparagus Casserole Ginger Glazed Carrots Panini Roll

DESSERTS

Mon:	Choc Layer Pie	DL Choc Cake
Tues	Pound Cake w/Fruit	DL Banana Pudding, SF
Wed	Peach Cobbler	DL Sponge Cake
Thurs	Oatmeal Raisin Cookie	DL Cheesecake, NoSugarAdded
Fri	Apple Pie	DL Choc Chip Cookies,SF
Sat	Tapioca Pudding	DL Stberry Pudding, SF
Sun	Stberry Cream Pie	DL Cherry Pie, NoSugar Added

DAILY SHORT ORDER LINE

Grilled Hamburger
Grilled Hotdog (M,T,Th,F,S,Su)
Grilled Chicken Breast
Grilled Cheese Sandwich
Sauerkraut/Chili
Lettuce/Tomato/Onion
Steak Fries
Assorted Cold Cuts (Wed Only)
Swiss Cheese (Wed Only)

Diet Line Menu #3 – Week of : September 25 – October 1, 2006

Items with DL before the menu name indicates this item has been modified to be lower in calories, fat and/or sodium than the Regular line item. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for one-on-one consultation.

	BREAKFAST	LUNCH	DINNER
M O N	Oatmeal/Grits Eggbeaters Hardboiled Eggs DL Ham Slices Biscuit/DL Gravy	DI Turkey Noodle Soup DL Chicken Alfredo Fettucini Mixed Vegetables Yellow Squash Panini Rolls	Soup Du Jour Lemon Baked Catfish DL Mashed Potatoes Steamed Broccoli Carrots
T U E S	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Cream of Potato Soup DL Veggie Pizza Green Beans Spinach	Soup Du Jour DL Braised Beef Cubes Egg Noodles Baked Tomato Halves Cauliflower Dinner Roll
W E D	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy	DL Navy Bean Soup Vegetarian Cutlet Steamed Rice DL Gravy Brussel Sprouts Baby Carrots	Soup Du Jour DI Salisbury Steak Brown Rice Oriental Vegetables Steamed Beets
T H U R	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Cream of Asparagus Soup DL Hawaiian Lamb Chops DL Macaroni and Cheese Cauliflower Au Gratin Zucchini w/Onions	Soup Du Jour Baked Pork Chops Mashed Potatoes Mixed Vegetables Club Spinach Breadsticks
F R I	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Minestrone Soup Grilled Chicken Romano Steamed Rice Kale California Mix	Soup Du Jour DL Beef Pot Pie Oven Roasted Potatoes Steamed Okra Stewed Tomatoes Country Seeded Roll
S A T	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs DL Creamed Ground Beef DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Corn Chowder DL Sauteed Shrimp DL Mashed Potatoes Oriental Blend Vegetables Asparagus Dinner Roll	Soup Du Jour DL Meatballs and Spaghetti Succotash Sugar Snaps Garlic Bread
S U N	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy	DL Knickerbocker Soup DL Chicken Marsala Steamed Rice Steamed Beets Squash Medley	Soup Du Jour Roast Pork Baked Sweet Potatoes Asparagus Carrots Panini Roll

BREAKFAST STANDARD MENU ITEMS

Prunes, Bagel, English Muffin, Syrup, SF Syrup, Bananas, Grapefruit Sections, Fruit Deluxe, Applesauce, Cream Cheese

STANDARD MENU ITEMS ALL MEALS

Asst Bread, Asst Dry Cereal, Asst Juice, Asst Milk, Asst Beverages, Coffee, Decaf Coffee, Tea, Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt Pepper, Asst Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH/ DINNER

Lettuce garnished w/romaine leaves, Cherry Tomatoes, Cucumbers, Chopped Onions, Celery Sticks, Sliced Pickles, Carrot Sticks, Shredded Cheese, Coleslaw, Bacon Bits, Sliced Beets, Sliced Peppers, Broccoli Florets, Green Olives, Jalapeno or Banana Peppers, Sugar Free Jello

STANDARD SALAD DRESSINGS

Bleu Cheese, Catalina French, Ranch, Thousand Island, Fat Free Italian, Balsamic Vinegar, White Vinegar, Olive Oil

DAILY SALAD BAR ROTATION

Mon: Pineapple Chunks, Macaroni Salad
Wed: Pear Halves, Potato Salad
Fri: Apricot Halves, Three Beans Salad
Sun: Fruit Cocktail, Carrot & Raisin Salad

Tue: Peach Slices, Marinated Cucumbers
Thurs: Pineapple Slices, German Tomato Salad
Sat: Mandarin Oranges, Pasta Salad